

# Fall Lunch Menu ◇ Grades 6-8



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Barbecued Chicken Whole Grain Roll 2/3 cup Baked Beans 1/2 c. Sesame Broccoli  1/2 c. Fresh Pineapple Milk***	1 Fiesta Wrap 1/2 c. Brown Rice Pilaf 1/4 c. Butternut Squash 1/2 c. Sautéed kale 1/2 c. Fresh apple slices (1 tbsp.) Almond butter Milk	1/2 c. Chile Con Carne with Beans 2/3 c. Spanish Rice Whole Wheat Roll 1/2 c. Sweet Corn 1 c. Fresh Orange slices Milk	Opened Face Turkey with 2 tbsp. Gravy on whole grain bread 1/4 c. Mashed Potatoes 1/2 c. Orange glazed Carrots  1/2 c. Peach cup Milk	Cheeseburger on a whole grain bun 2/3 c. Sweet Potato Soufflé 1/4 c. Green Beans  1/2 c. Fresh Pear halves Milk
Week 2	Chicken Salad on whole grain bread 1/2 c. Green Beans 1/4 c. Red Pepper Slices 2 tbsp. Ranch dressing Banana Milk	Sloppy Joe with whole wheat Roll 1 c. Spinach and Pear Salad Tasty Sweet Potato Tots 1/2 c. Peach cup Milk	Chicken Alfredo with a twist Whole grain roll 1 c. Tossed Salad (Romaine lettuce, cucumber, green pepper, tomato) 1/2 c. Fresh Apple slices Milk	Chicken Fajita on whole grain tortilla 1/2 c. Cooked corn Whole Grain tortilla chips w/ 1/4 c. Salsa 1/2 c. Fresh, Pineapple Milk	Cheese pizza on whole grain crust 1/2 c. Marinated black bean salad 1/4 c. Fresh carrots sticks 1/2 c. Fresh Grapes Milk
Week 3	Walking Beef Taco 1 oz. Whole grain Tortilla Chips Ranch dressing 1/2 c. Red Pepper slices  1/2 c. Fresh pear Milk	3/4 c. Stir Fry w/ 1/2 c. Whole grain rice 1 c. Tossed Salad (romaine lettuce, cherry tomato, cucumber, green pepper)  1/2 c. Fresh Pineapple chunks Milk	Sweet potato and black bean stew Whole grain roll 1/2 c. Potato Salad 1/4 c. Sesame Broccoli  1 c. Fresh Grapes Milk	Whole wheat cheese pizza 1/2 c. Seasoned Green Peas 1/2 c. Three bean salad  Whole Banana Milk	1 1/2 c. Chicken Penne w/ Whole Grain roll 1/4 c. Orange Glazed Carrots  1/2 c. Apple slices Milk
Week 4	Toasted Turkey Ham and Cheese Sub 1/2 c. Sautéed Kale 1/2 c. Green Peas Whole banana Milk	“Quirky” Beef Quesadilla 1/2 c. Whole grain rice 1 c. Tossed Salad (Romaine lettuce, tomato, cucumber, mushroom) 1/2 c. Black beans 1/2 c. Fresh pineapple chunks Milk	Whole Wheat Rotini w/ Meat sauce 1/2 c. Red pepper & carrots strips w/ 2 tbsp. Low-fat ranch dip 1 c. Fresh pears halves Milk	Beef & Refried Bean Burrito 1/2 c. Harvest Delight: sweet potatoes, squash, apples, cranberries 1/2 c. Green beans 1/2 c. Fresh grapes Milk	Crunchy Hawaiian Chicken Wrap Whole grain tortilla chips w/ 1/4 c. Fresh Salsa 1/2 c. Sweet corn 1/2 c. Fresh apple slices Milk
Week 5	Sloppy Joe on whole wheat bun Tossed Salad (Spinach, tomato, cucumber green pepper)  1/2 c. Fresh pineapple slices Whole Grain Banana bread Milk	Honey Lemon chicken w/ 1/2 c. Whole grain rice pilaf 1/4 c. Seasoned Peas 1/2 c. carrot sticks  1/2 c. Fresh Grapes Milk	Toasted Turkey Ham and Cheese on whole grain sub roll 1/2 c. Sesame broccoli 1/4 c. Green Beans  Whole Banana Milk	Cheeseburger salad wrap on whole grain tortilla 1/4 c. Seasoned corn 1 Tbsp. Catsup  1 c. Fresh Pear slices Milk	Purple power bean wrap on whole grain tortilla 1/2 c. Marinated Black Bean Salad  1/2 c. Apple Slices 1 tbsp. Almond Butter Milk

\*\*\* 1 % Unflavored and Non-fat/Skim Flavored milk offered as daily options

# Fall Lunch Menu ♦ Week 1 Breakdown (Grades 6-8)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>Barbecued Chicken</b> <b>Whole Grain Roll</b> 2/3 cup Baked Beans 1/2 c. Sesame Broccoli 1/2 c. Fresh Pineapple Milk	<b>1 Fiesta Wrap</b> 1/2 c. Brown Rice Pilaf 1/4 c. Butternut Squash 1/2 c. Sautéed kale 1/2 c. Fresh apple slices 1 Tbsp. Almond butter Milk	1/2 c. Chile Con Carne with Beans 2/3 c. Spanish Rice <b>Whole Wheat Roll</b> 1/2 c. Sweet Corn 1 c. Fresh Orange slices Milk	<b>Opened Face Turkey</b> with 2 tbsp. Gravy on whole grain bread 1/4 c. Mashed Potatoes 1/2 c. Orange glazed Carrots 1/2 c. Peach cup Milk	<b>Cheeseburger on a</b> whole grain bun 2/3 c. Sweet Potato Soufflé 1/4 c. Green Beans 1/2 c. Fresh Pear halves Milk		
<b>Fruits</b>	Fresh pineapple = 1/2 cup	Apple slices = 1/2 cup	1 whole orange, sliced = 1 cup	Fresh Peaches = 1/2 cup	Pear halves = 1/2 cup	<b>3 cups</b>	<b>2 1/2 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>	Broccoli Florets = 1/2 cup	Sautéed kale = 1/2 cup				1 cup	1/2 cup
<b>Red/Orange</b>		Butternut Squash = 1/4 cup		Glazed Carrots = 1/2 cup	2/3 Mashed Sweet Potatoes = 1/2 cup eq.	1 1/4 cup	3/4 cup
<b>Beans/Peas (Legumes)</b>	2/3 cup Baked Beans = 1/2 cup eq.					1/2 cup	1/2 cup
<b>Starchy</b>			Corn = 1/2 cup	Mashed potatoes = 1/4		3/4 cup	1/2
<b>Other</b>			Chile con Carne with Beans = 3/8 cup		Green Beans = 1/4 cup	3/4 cup	1/2 cup
<b>Total Vegetable</b>						<b>4 1/4 cup</b>	<b>3 3/4 cup</b>
<b>Grains*</b>	Whole Grain roll = 1 oz.	Brown Rice = 1 oz. eq. Fiesta wrap = 1 oz.	Spanish rice = 1 oz. eq.	1 slice whole grain bread = 1 oz. eq.	Hamburger roll = 1 oz.	<b>9 oz. eq. 9 oz. = whole grain-rich</b>	<b>8-10 oz.</b>
<b>Meat/Meat Alternate</b>	Barbecued Chicken = 2 oz.	1 Fiesta Wraps = 2 oz. 1 Tbsp. Almond butter = 0.5 oz.	Chile con Carne with Beans = 2 oz.	Turkey = 2 oz.	Hamburger patty = 2 oz.	<b>10 oz.</b>	<b>9-10 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 Cups</b>	<b>5 cups</b>

\* All grains must be whole grain-rich

### Week 1 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	629.4 kcals	600-700 kcals
Sodium	825.94 mg	≤ 1360 mg
Saturated Fat	6.25 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

### HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich	70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich	

### Summary of Recipes

[Barbecued Chicken](#)  
[Fiesta Wrap](#)  
[Sesame Broccoli](#)  
[Orange Glazed Carrots](#)  
[Sweet Potato Soufflé](#)

### Summary of USDA Foods

#### Grains

[Roll, Whole grain](#)  
[Spanish Rice](#)  
[Bread, whole grain](#)  
[Bun, Whole Grain](#)  
[Brown Rice Pilaf](#)

#### Meat/ Meat Alternate

[Chile Con Carne](#)  
[Turkey, Sliced](#)  
[Cheddar Cheese](#)  
[Beef Patty](#)

#### Vegetables

[Mashed Potatoes](#)  
[Baked Beans](#)  
[Sweet Corn](#)  
[Green Beans](#)

#### Fruit

[Apple Slices, Fresh](#)  
[Oranges, fresh](#)  
[Peach cup](#)  
[Pear Halves, Fresh](#)

### Produce Pricing: Coming Soon!

Conventional	Local

# Fall Lunch Menu ♦ Week 2 Breakdown (Grades 6-8)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>Chicken Salad on whole grain bread</b> 1/2 c. Green Beans 1/4 c. Red Pepper Slices 2 tbsp. Ranch dressing Banana Milk	<b>Sloppy Joe with whole wheat Roll</b> 1 c. Spinach and Pear Salad Tasty Sweet Potato Tots 1/2 c. Peach cup Milk	<b>Chicken Alfredo with a twist</b> Whole grain roll 1 c. Tossed Salad (Romaine lettuce, cucumber, green pepper, tomato) 1/2 c. Fresh Apple slices Milk	<b>Chicken Fajita on whole grain tortilla</b> 1/2 c. Cooked corn Whole Grain tortilla chips w/ 1/4 c. Salsa 1/2 c. Fresh, Pineapple Milk	<b>Cheese pizza on whole grain crust</b> 1/2 c. Marinated black bean salad 1/4 c. Fresh carrots sticks 1/2 c. Fresh Grapes Milk		
<b>Fruits</b>	1 banana= 1 cup	Spinach Salad: Raisins (1/4 cup)= 1/2 cup Pear Halves=1/2 cup Canned peaches = 1/2 cup	Apples= 1/2 cup	Pineapple= 1/2 cup	Grapes: 1/2 cup	<b>3 1/2 cups</b>	<b>2 1/2 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>		1 cup Spinach (Salad)= 1/2 cup eq.	1 cup Romaine lettuce= 1/2 cup eq.			1 cup	<b>1/2 cup</b>
<b>Red/Orange</b>	Red pepper= 1/4 cup	Tasty tots (Sweet potato)= 3/8 cup		Salsa (Tomato)= 1/4 cup	Carrots= 1/2cup Pizza (tomato Sauce/Paste)= 1/4 cup	1 5/8 cup	<b>3/4 cup</b>
<b>Beans/Peas (Legumes)</b>					Black Bean Salad= 1/2 cup	1/2 cup	<b>1/2 cup</b>
<b>Starchy</b>				Corn=1/2 cup		1/2 cup	<b>1/2 cup</b>
<b>Other</b>	Green Beans= 1/2 cup	Sloppy Joe= 1/4 cup Tasty tots (Onion & chick-pea)= 3/8 cup	Salad (1/8 cup Cucumber halves & 1/8 cup green pepper)=1/4 cup	Chicken Fajita (Onions)= 1/8 cup		1 1/2 cup	<b>1/2 cup</b>
<b>Total Vegetable</b>						<b>5 1/8 cups</b>	<b>3 3/4 cups</b>
<b>Grains*</b>	2 sliced whole grain bread= 2 oz. eq.	Sloppy Joe=2 oz.	Chicken alfredo= 1 oz. Whole grain roll= 1 oz.	Chicken Fajita=1 oz. eq. Whole grain tortilla chips: 1 oz. eq.	Whole grain pizza crust=2 oz. eq.	10 oz. eq. 10 oz.= whole grain-rich	<b>8-10 oz. eq</b>
<b>Meat/Meat Alternate</b>	Chicken Salad=2 oz. eq.	Sloppy Joe=2 oz. eq.	Chicken= 2 oz.	Chicken Fajita= 2 oz. eq.	1 slice Pizza (cheese)= 2 oz. eq.	10 oz.	<b>9-10 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	<b>5 cups</b>

\* All grains must be whole grain-rich

## Week 2 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	598.0 kcal	600-700 kcal
Sodium	711.0 mg	≤1360 mg
Saturated Fat	3.32 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

## HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich	70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich	

## Summary of Recipes

<u>Chicken Salad</u>	<u>Chicken Fajitas</u>
<u>Sloppy Joe</u>	<u>Pizza</u>
<u>Sweet Potato Tots</u>	<u>Marinated Black Bean Salad</u>
<u>Chicken Alfredo with a Twist</u>	<u>Tossed Salad</u>

## Summary of USDA Foods

### Grains

Roll, whole grain  
Bread, whole grain

### Meat/ Meat Alternate

Chicken  
Ground Beef  
Cheese

### Vegetables

Green Beans  
Sweet Corn  
Baby Carrots, Fresh

### Fruits

Peach Cup  
Pear Halves  
Apple Slices

## Produce Pricing: Coming Soon!

Conventional	Local

# Fall Lunch Menu ♦ Week 3 Breakdown (Grades 6-8)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Walking Beef Taco 1 oz. Whole grain Tortilla Chips Ranch dressing 1/2 c. Red Pepper slices 1/2 c. Fresh pear Milk	3/4 c. Stir Fry w/ 1/2 c. Whole grain rice 1 c. Tossed Salad (romaine lettuce, cherry tomato, cucumber, green pepper) 1/2 c. Fresh Pineapple chunks Milk	Sweet potato and black bean stew (1 cup) Whole grain roll 1/2 c. Potato Salad 1/4 c. Sesame Broccoli 1 c. Fresh Grapes Milk	Whole wheat cheese pizza 1/2 c. Seasoned Green Peas 1/2 c. Three bean salad Whole Banana Milk	1 1/2 c. Chicken Penne w/ Whole Grain roll 1/4 c. Orange Glazed Carrots 1/2 c. Apple slices Milk		
<b>Fruits</b>	Pears = 1/2 cup	Fresh Pineapple= 1/2 cup	Fresh Grapes= 1/2 cup	Whole banana=1 cup	Apple slices = 1/2 cup	3 cups	<b>2 1/2 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>		Salad (1cup Romaine lettuce) 1/2 cup	Stew (Swiss chard) = 1/8 cup Sesame Broccoli= 1/4 cup		Chic Penne (Broccoli): 3/8 cup	1 1/4 cup	1/2 cup
<b>Red/Orange</b>	Red pepper= 1/4 cup Taco (tomato)= 1/4 cup	Stir fry (Red pepper; butternut squash)= 3/8 cup	Stew (sweet potato)=1/4 cup	Pizza (Tomato paste/sauce)= 1/4 cup	Glazed carrots= 1/4 cup	1 3/4 cups	3/4 cup
<b>Beans/Peas (Legumes)</b>				Three bean salad (kidney beans)= 1/2 cup		1/2 cup	1/2 cup
<b>Starchy</b>		Stir fry (corn)= 1/8 cup	2/3 cup potato salad=	Peas =1/2 cup		1 1/8 cup	1/2 cup
<b>Other</b>	Taco (Iceberg lettuce)=1/4 cup	Stir Fry (onions)=1/4 cup Salad (cucumber & green pepper)= 1/4 cup	Stew (onions) =1/4 cup			1 cup	1/2 cup
<b>Total Vegetable</b>						5 5/8 cups	<b>3 3/4 cups</b>
<b>Grains*</b>	Tortilla chips= 1oz.	Stir fry (Whole grain rice)= 1 oz. eq.	Whole grain roll= 2 oz.	Pizza Crust= 2 oz.	Multi-grain Chic' Penne: 1 3/4 oz. eq.. Whole grain roll= 1oz.	8 3/4 oz. eq. 8 3/4 oz. = whole grain-rich	<b>8-10 oz. eq.</b>
<b>Meat/Meat Alternate</b>	Walking taco (Beef)= 3 oz.	Chicken stir fry=1 1/4 oz. eq.	Stew (Black Beans) = 3 oz. eq.	Pizza (Cheese) =1.5 oz. Eq.	Chic' Penne= 1 oz. eq.	9 3/4 oz.	<b>9-10 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	5cups	<b>5 cups</b>

\* All grains must be whole grain-rich

### Week 3 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	588.6 kcal	600-700 kcals
Sodium	953.21 mg	≤ 1360 mg
Saturated Fat	3.53%	< 10% of total kcal
Trans Fat	0 grams	0 grams

### HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich	70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich	

### Summary of Recipes

<u>Walking Taco</u>	<u>Chicken Penne</u>
<u>Stir Fry</u>	<u>Three Bean Salad</u>
<u>Sweet Potato and Black Bean Stew</u>	<u>Orange Glazed Carrots</u>
<u>Pizza</u>	<u>Sesame Broccoli</u>
	<u>Tossed Salad</u>

### Summary of USDA Foods

<b>Grains</b>	<b>Vegetables</b>
<u>Rice, Whole grain</u>	<u>Potato Salad</u>
<u>Roll, Whole grain</u>	<u>Green Peas</u>
<u>Tortilla, Whole Grain</u>	
<b>Meat/ Meat Alternate</b>	<b>Fruits</b>
<u>Ground Beef</u>	<u>Fresh Pears</u>
<u>Chicken</u>	<u>Fresh Apple Slices</u>
<u>Cheese</u>	

### Produce Pricing: Coming Soon!

Conventional	Local
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# Fall Lunch Menu ♦ Week 4 Breakdown (Grades 6-8)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Toasted Turkey Ham and Cheese Sub 1/2 c. Sautéed Kale 1/2 c. Green Peas Whole banana Milk	“Quirky” Beef Quesadilla 1/2 c. Whole grain rice  1 c. Tossed Salad (Romaine lettuce, tomato, cucumber, mushroom) 1/2 c. Black beans 1/2 c. Fresh pineapple chunks Milk	Whole Wheat Rotini w/ Meat sauce 1/2 c. Red pepper & carrots strips w/ 2 tbsp. Low-fat ranch dip 1 c. Fresh pears halves Milk	Beef & Refried Bean Burrito 1/2 c. Harvest Delight: sweet potatoes, squash, apples, cranberries 1/2 c. Green beans 1/2 c. Fresh grapes Milk	Crunchy Hawaiian Chicken Wrap Whole grain tortilla chips w/ 1/4 c. Fresh Salsa 1/2 c. Sweet corn 1/2 c. Fresh apple slices Milk		
<b>Fruits</b>	Banana=1 cup	Pineapple =1/2 cup	Pears=1/2 cup	Grapes= 1/2 cup Harvest Delight= 1/2 cup	Apple slices =1/2 cup	3 1/8	<b>2 1/2 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>	Broccoli= 1/4 cup	1 cup Romaine lettuce= 1/2 cup eq.			Wrap (Spinach & Broccoli) = 1/4 cup	7/8 cup	<b>1/2 cup</b>
<b>Red/Orange</b>			Red peppers & carrots= 1/4 cup Rotini sauce (tomato)= 1/2 cup	1/2 c., Harvest delight (Sweet potato & butternut squash & carrots) =3/8 cup eq.	Salsa (tomato)= 1/4 cup	1 3/8 cup	<b>3/4 cup</b>
<b>Beans/Peas (Legumes)</b>		Black beans= 1/2 cup		Burrito (Refried beans)=1/8 cup		5/8 cup	<b>1/2 cup</b>
<b>Starchy</b>					Sweet corn= 1/2 cup	1/2 cup	<b>1/2 cup</b>
<b>Other</b>	Cauliflower= 1/2 cup	Salad (1/8 cup cucumber & 1/8 cup green pepper) = 1/4 cup Quesadilla (onion)= 1/4 cup		1/2 Harvest Delight (Onions)=1/8 cup eq. Green beans= 1/4 cup	Hawaiian chicken Wrap =1/8 cup	1 1/2 cup	<b>1/2 cup</b>
<b>Total Vegetable</b>						<b>4 7/8 cup</b>	<b>3 3/4 cup</b>
<b>Grains*</b>	Sub= 2 oz. eq.	Quesadilla=1.5 oz. eq.	Whole grain roll: 1 oz. Spaghetti= 1 oz.	Burrito (Tortilla Wrap)= 1.5 oz.	Wrap= 1 3/4 oz. eq. Tortilla chips=1 oz.	<b>8 3/4 oz. cups</b> 8 3/4 oz.= <b>whole grain rich</b>	<b>8-10 oz. eq.</b>
<b>Meat/Meat Alternate</b>	Turkey and cheese= 2 oz. eq.	Chicken quesadilla= 2 oz.	Meat sauce= 2 oz.	Burrito (Beef)= 2 oz.	Wrap (Chicken)= 1 oz. .	<b>9 oz. eq.</b>	<b>9-10 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<b>5 cups</b>

\* All grains must be whole grain-rich

### Week 4 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	661.69 kcal	600-700 kcal
Sodium	1132.43 mg	≤ 1360 mg
Saturated Fat	6.67%	< 10% of total kcal
Trans Fat	0 grams	0 grams

### HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich	70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich	

### Summary of Recipes

<u>Toasted Turkey Ham &amp; Cheese</u>	<u>Crunchy Hawaiian Chicken Wrap</u>
<u>Quirky Quesadilla</u>	<u>Harvest Delight</u>
<u>Rotini with Meat Sauce</u>	<u>Tossed Salad</u>
<u>Beef &amp; Refried Bean Burrito</u>	

### Summary of USDA Foods

#### Grains

Bread, whole grain  
Bread, whole grain  
Rotini, Whole Grain

#### Meat/ Meat Alternative

Ground Beef  
Turkey, Lean  
Ham, Reduced sodium  
Chicken, Lean

#### Vegetables

Green Peas  
Carrot Sticks, Fresh  
Green Beans

#### Sweet Corn

#### Fruits

Fresh Apple Slices  
Fresh Pears

### Produce Pricing: Coming Soon!

Conventional

Local

# Fall Lunch Menu ♦ Week 5 Breakdown (Grades 6-8)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>Sloppy Joe on whole wheat bun</b> <b>Tossed Salad (Spinach, tomato, cucumber green pepper)</b> <b>1/2 c. Fresh pineapple slices</b> <b>Whole Grain Banana bread</b> <b>Milk</b>	<b>Honey Lemon chicken w/ 1/2 c. Whole grain rice pilaf</b> <b>1/4 c. Seasoned Peas</b> <b>1/2 c. carrot sticks</b> <b>1/2 c. Fresh Grapes</b> <b>Milk</b>	<b>Toasted Turkey Ham and Cheese on whole grain sub roll</b> <b>1/2 c. Sesame broccoli</b> <b>1/4 c. Green Beans</b> <b>Whole Banana</b> <b>Milk</b>	<b>Cheeseburger salad wrap on whole grain tortilla</b> <b>1/4 c. Seasoned corn</b> <b>1 Tbsp. Catsup</b> <b>1 c. Fresh Pear slices</b> <b>Milk</b>	<b>Purple power bean wrap on whole grain tortilla</b> <b>1/2 c. Marinated Black Bean Salad</b> <b>1/2 c. Apple Slices</b> <b>1 tbsp. Almond Butter</b> <b>Milk</b>		
<b>Fruits</b>	Pineapple =1/2 cup	Grapes=1/2 cup	Whole banana=1 cup	pear slices= 1/2 cup	Apple Slices= 1/2 cup	3 cups	<b>2 1/2 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>	1 cup Spinach (Salad)= 1/2 cup eq.		Sesame Broccoli=1/2 cup	Wrap (Romaine lettuce) = 1/2 cup	Bean wrap (Romaine lettuce) = 1/4 cup	1 3/4 cup	<b>1/2 cup</b>
<b>Red/Orange</b>	Sloppy Joe (Tomato Paste)= 1/4 cup	Carrots=1/2 cup		Cheeseburger wrap (Tomato) = 1/4 cup		1 cup	<b>3/4 cup</b>
<b>Beans/Peas (Legumes)</b>					Black bean salad= 1/2	1/2 cup	<b>1/2 cup</b>
<b>Starchy</b>		Green Peas= 1/4 cup		Corn =1/4 cup		1/2 cup	<b>1/2 cup</b>
<b>Other</b>	Salad (Cucumber & Green pepper)=1/4 cup		Green beans= 1/4 cup	Wrap (onions)= 1/4 cup	Bean wrap (Purple & White cabbage)= 1/4 cup	1 cups	<b>1/2 cup</b>
<b>Total Vegetable</b>						<b>4 3/4 cups</b>	<b>3 3/4 cups</b>
<b>Grains*</b>	Sloppy Joe= 1.5 oz. Whole grain banana bread=1 oz.	Whole grain rice: 1 oz.	2 slices whole grain bread= 2 oz. eq.	Whole grain tortilla Wrap= 1.75 oz.	Bean Wrap= 1 3/4 oz. eq.	<b>8.5 oz.</b> <b>8.5 oz. whole grain-rich</b>	<b>8-10 oz. eq.</b>
<b>Meat/Meat Alternate</b>	Sloppy Joe= 2 oz. eq.	Chicken tenders 2 oz.	Turkey and cheese= 3oz.	Cheeseburger wrap= 1.75 oz.	Bean wrap= 0.5 oz. 1 Tbsp. Almond butter= 0.5 oz. eq.	<b>9.75 oz.</b>	<b>9-10 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<b>5 cups</b>

\* All grains must be whole grain-rich

### Week 5 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	609.08 kcal	600-700 kcal
Sodium	963.42 mg	≤ 1360 mg
Saturated Fat	4.66%	< 10% of total kcal
Trans Fat	0 grams	0 grams

### HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich	70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich	

### Summary of Recipes

<u>Sloppy Joe</u>	<u>Cheeseburger Salad Wrap</u>
<u>Whole Grain Banana Bread</u>	<u>Purple Power Bean Wrap</u>
<u>Honey Lemon chicken</u>	<u>Sesame Broccoli</u>
<u>Toasted Turkey Ham &amp; Cheese</u>	<u>Tossed Salad</u>

### Summary of USDA Foods

#### Grains

Rice Pilaf, Whole Grain  
Sub roll, Whole grain  
Tortilla, Whole Grain

#### Vegetables

Green Peas  
Carrot sticks, fresh  
Green Beans  
Sweet Corn

#### Meat/ Meat Alternate

Ground Beef  
Chicken, Lean  
Turkey, Lean  
Ham, Reduced sodium  
Beef Patty  
Cheese

#### Fruits

Fresh Apple Slices  
Fresh Pears

### Produce Pricing: **Coming Soon!**

Conventional

Local